

To see some of our meals and our team in action follow us on
INSTAGRAM @greatschoolmeals

Monday

Meatloaf "Cupcakes"
Mashed Potatoes
Peas
WW Biscuit
Fresh Fruit and Veggie Bar
Milk

1

Tuesday

Cheesy Breadstick Dunkers
Honey Carrot Coins
Green Beans
Caesar Salad
Fresh Fruit and Veggie Bar
Milk

2

Wednesday

Macaroni and Cheese
Steamed Broccoli
Baked Beans
Dinner Roll
April Birthday Treat
Fresh Fruit and Veggie Bar
Milk

3

Thursday

**Chicken Noodle Soup
Blueberry Muffin**
Corn
Roasted Chick Peas
Fresh Fruit and Veggie Bar
Milk

4

Friday

**Ham and Cheese Sub
With Lettuce
Or Hummus and Veggie Sub**
Broccoli Cheese Soup
Sweet Potato Fries
Fresh Fruit and Veggie Bar
Milk

5

Breakfast For LUNCH

Cheesy Scrambled Eggs
French Toast Sticks
VT Maple Syrup
Sausage Link * Hash Browns
Steamed Broccoli
Fresh Fruit and Veggie Bar
Milk

8

TACO TUESDAY

Chicken Taco or Bean Taco
On Crunchy Corn Taco Shell
Shredded Lettuce *** Corn
Sour Cream ** Salsa
Brown Rice
Fresh Fruit and Veggie Bar
Milk

9

EARLY RELEASE DAY

Turkey, Bacon, Cheddar Wrap
On WW Tortilla
Carrot and Celery Sticks
Whole Grain Pretzels
Whole Grain Cookie
Milk

10

Roast Pork with Apples

Roasted Green Beans
Sweet Potato Half
Whole Grain Biscuit
Fresh Fruit and Veggie Bar
Milk

11

Rotini with Meat Sauce or Marinara Sauce

Steamed Asparagus
Spinach Salad
Garlic Bread
Fresh Fruit and Veggie Bar
Milk

12

Grilled Cheese Sandwich
Tomato Tortellini Soup
Cucumbers and Carrots
Graham Crackers
Fresh Fruit and Veggie Bar
Milk

15

Spaghetti with Meatballs And Marinara Sauce

Roasted Carrots
WW Dinner Roll
Fresh Fruit and Veggie Bar
Milk

16

Chicken and Cheese or Cheese Quesadilla

Rainbow Pepper Strips with Dip
Mexican Beans
Corn
Brown Rice
Fresh Fruit and Veggie Bar
Milk

17

Roast Turkey

With Gravy
Mashed Potatoes
Green Beans ** Stuffing
Cranberry Sauce
Fresh Fruit and Veggie Bar
Milk

18

Hamburger, Cheeseburger Or Black Bean Burger

Lettuce
Baked Potato Wedges
Buttery Corn
Fresh Fruit and Veggie Bar
Milk

19

22

23

24

25

26

APRIL RECESS - Time For Fresh Air, Sunshine, and Good Healthy Food

**Ham & Cheese Melt on
Whole Grain Flatbread**
Broccoli Cheese Soup
Spinach and Strawberry Salad
Fresh Fruit and Veggie Bar
Milk

29

Fresh Pizza

Pepperoni, Cheese, Veggie
Steamed Broccoli
Caesar Salad with Romaine
Roasted Chick Peas
Fresh Fruit and Veggie Bar
Milk

30

PRICES
Breakfast - \$FREE
Paid Lunch Meal \$2.70
Reduced and Free Lunch - FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00

Alternative Meal

A daily alternative to the main entrée
M,W, F – Bagel and Cream Cheese w/ 4 oz. Yogurt
T, Th – Sunbutter & Jelly Sandwich

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

**MY
SCHOOL
BUCKS**

PAY FOR MEALS ONLINE
MySchoolBucks.com